

***Cyanthillium cinereum* (L.) H. Rob.**

Syn.- *Vernonia cinerea* (L.) Less.

Family: Asteraceae

Bengali/tribal name: Sahadevi

English name: Little ironweed

Vernonia cinerea, commonly known as little ironweed or ash-colored fleabane, is a medicinal plant used in traditional medicine across various cultures, particularly in Asia and Africa. Here are some of its medicinal uses:



1. **Anti-inflammatory Properties:** *Vernonia cinerea* is known for its anti-inflammatory effects. It is used to reduce inflammation and alleviate pain associated with conditions such as arthritis, rheumatism, and other inflammatory disorders.
2. **Fever Reduction:** The plant is traditionally used to reduce fever. Its antipyretic properties help in managing febrile conditions and providing relief from symptoms associated with fever.
3. **Respiratory Health:** *Vernonia cinerea* is used to treat respiratory conditions such as coughs, colds, asthma, and bronchitis. Its expectorant properties help in clearing mucus from the airways, relieving congestion, and easing breathing difficulties.
4. **Digestive Health:** The plant is used to support digestive health and treat gastrointestinal issues such as indigestion, diarrhea, dysentery, and stomach cramps. It helps in improving digestion and relieving digestive discomfort.
5. **Diuretic Effects:** *Vernonia cinerea* has diuretic properties, meaning it increases urine production. This property helps in flushing out toxins from the body and is useful in managing conditions such as urinary tract infections (UTIs) and edema.
6. **Antimicrobial Activity:** The plant exhibits antimicrobial properties against various bacteria and fungi. It is used to treat infections and

prevent microbial growth, making it useful for skin infections, wounds, and other microbial-related ailments.

7. **Antioxidant Properties:** *Vernonia cinerea* contains antioxidants that help neutralize free radicals in the body. These antioxidants protect cells from oxidative damage and reduce the risk of chronic diseases such as cancer and cardiovascular diseases.
8. **Anthelmintic Activity:** The plant is used to expel parasitic worms and other internal parasites from the body. It is particularly effective against intestinal worms and is used in traditional medicine for deworming.
9. **Liver Health:** *Vernonia cinerea* is believed to support liver function and promote liver health. It helps in detoxification and protects the liver from damage caused by toxins and other harmful substances.
10. **Menstrual Health:** The plant is used to regulate menstrual cycles and alleviate menstrual cramps. Its emmenagogue properties help promote menstrual flow and provide relief from associated symptoms.
11. **Diabetes Management:** Some traditional uses of *Vernonia cinerea* include managing diabetes. The plant may help in regulating blood sugar levels and improving insulin sensitivity.
12. **Wound Healing:** *Vernonia cinerea* is applied topically to wounds, cuts, and sores to promote healing. Its antiseptic and anti-inflammatory properties help in cleansing the wound and facilitating faster recovery.

These medicinal uses of *Vernonia cinerea* are based on traditional knowledge and practices. While some scientific studies support its therapeutic properties, more research is needed to fully validate its efficacy and safety. As with any herbal remedy, it is important to consult with a healthcare professional before using *Vernonia cinerea*, especially if you have underlying health conditions or are pregnant or breastfeeding.